

DECEMBER

Laugh About It



Learn It

Whole grains provide the body with essential vitamins and minerals, along with digestive fiber. As providers, we need to offer a whole grain component at least once per day. Now how do we serve whole grain components? We can replace other items with WGR items very easily. Make that muffin, pancake, cereal, waffle, or oatmeal WGR. At lunch and supper, use WGR pasta, brown rice, quinoa or WGR tortilla. Snack items can be substituted with WGR crackers, pita triangles, or pretzels. Little substitutions can go a long way in a life of health!

Eat It Monkey Toast

Avocado, mashed or guacamole
Whole wheat toast
Plantains, diced



Sauté plantain with garlic and onion for flavor. Let cool.
Cover toast with 1/4 cup avocado and 1/4 cup plantains.



Play It Sticky Safari Web

We're going through the jungle and have to crawl through a huge spider web! Create a web with tape, yarn or sturdy string down a hallway in your child care. The children will have fun trying to get through the web. Teach them to help each other and work together to get through the web.

Create It Mosaic Elephants

Using the Elephant Template, give one to each child. Cut various colors of tissue paper into different size squares and shapes. The children will paint glue onto the elephant template and glue the tissue paper. Once the tissue paper is dried, the elephant outline can be cut out and glued to a piece of colorful construction paper.

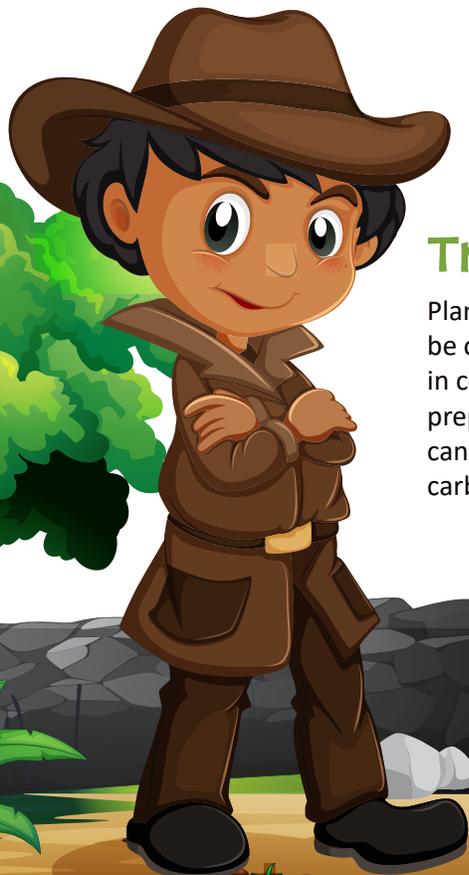


Read It

We All Went on Safari by Laurie Krebs
Way Far Away on a Wild Safari by Jan Peck
Safari Rachel by Rachel Oladapo
In My Family/En mi familia by Carmen Lomas Garza
Hungry Johnny by Cheryl Kay Minnema
Block Party by Gwendolyn Hicks

Try It Plantains

Plantains are closely related to the common banana and are thought to be originated from Southeast Asia. Plantains are ripe when fully black in color. They do not have as sweet a flavor as their cousin and we prepare, eat, and credit them in the CACFP as a vegetable. Plantains can be baked, boiled, fried, grilled, steamed or sautéed. The fruit provides carbohydrates, potassium, magnesium, fiber and Vitamin C.



Name _____

Lion Lines

Work on your writing by tracing along the dotted lines. Follow the eyes of the lion to draw either left to right or right to left.

